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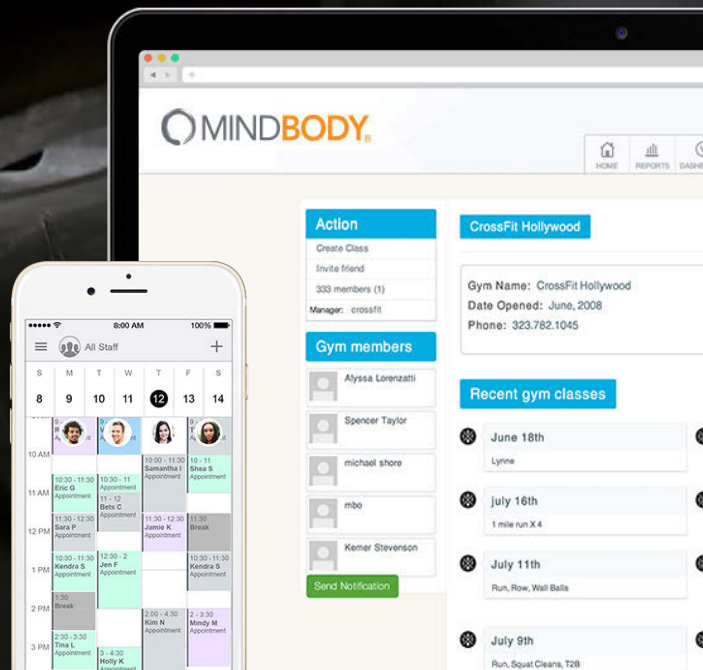


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PHOTO: WWW.AYZE.CA



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JANUARY/FEBRUARY 2016

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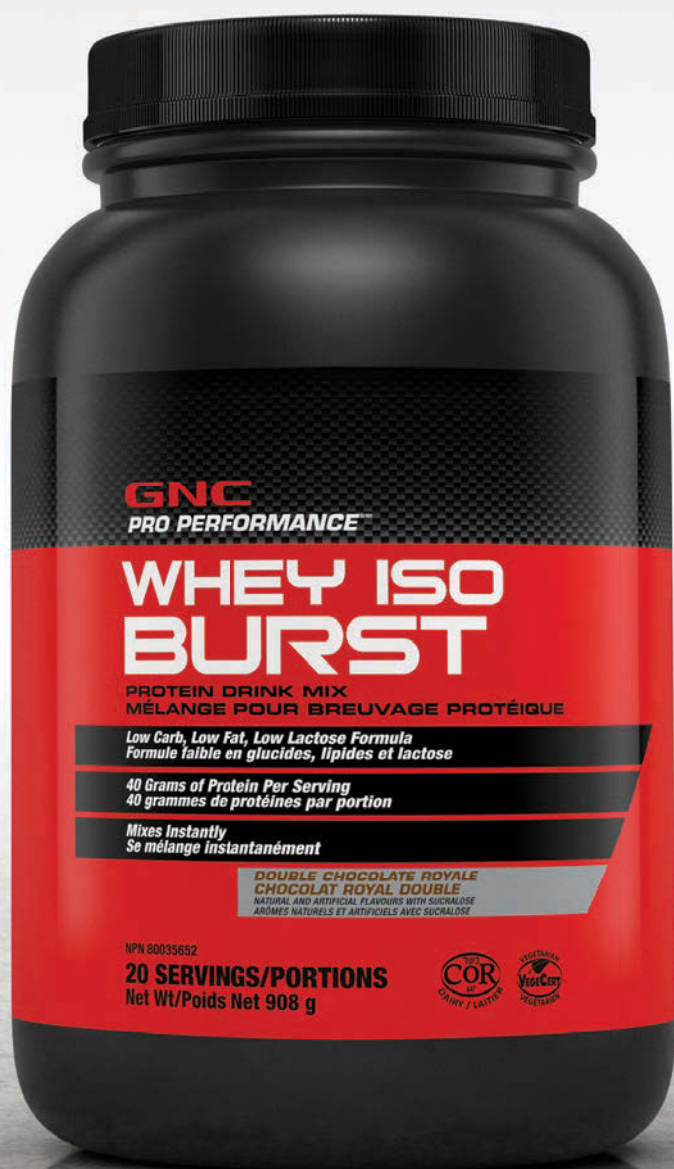
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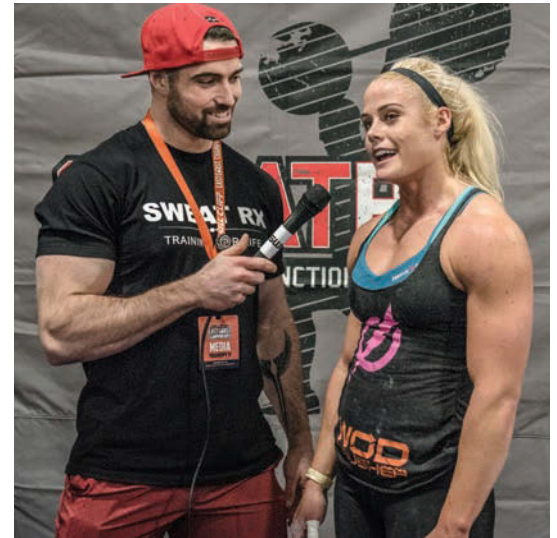
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ONE OF THE MOST EXCITING CROSSFIT EVENTS OF THE YEAR IS GOING DOWN on January 23 & 24th! Boston is known for its trademark grit, determination, and character. Many of the fittest athletes on the planet brought these qualities to the next level and elevated Boston to an otherworldly status of "fit" as they swarmed the Seaport World Trade Center last year. Expect nothing less this year! Hosted by CrossFit New England and programmed by renowned CFNE owner Ben Bergeron, the ECC attracts the absolute best-in-class talent, which contributes to the event's massive success. We'll be there as always, to capture the whole sha-bang! And of course, we'll bring it to you on a silver platter in our next issue. Watch for interviews, videos and pics on our website and social media too! **WWW.SWEATRXMAG.COM**


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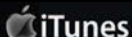
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WHAT IS GREATNESS AND HOW DO PEOPLE GET THERE?

Is greatness born or made? Is greatness the result of talent or practice? These are questions that have caused intense debate, controversy, and diversity of opinions. But no matter how you determine or define it, we all seem to recognize it when we see it.

This is the time of year when greatness should be on your mind. You will do great things this year. You will accomplish, achieve, surpass, and succeed. The heights of human accomplishment fascinate us and striving for greatness is within all of us. Sometimes we need inspiration to boost our drive. We put together this issue with greatness at top of mind.

Our cover story of Christmas Abbott screams of greatness. Her determination to turn her life around and her desire to be an inspiration is contagious. Her path to success was not without the grunt work. She has not only built a bad ass body, but a bad ass life – check it out!

As lovers of CrossFit, we all recognize the greatness in our sport. SWEAT RX was fortunate to attend the Reebok CrossFit Invitational in Madrid, Spain to witness the greatness and bring it to you in all its glory. You'll find our photo essay in this issue, and what you'll also find is that what makes the greatness of these elite athletes illuminate is the community and camaraderie. Reebok's campaign 'Be More Human' speaks volumes to this. While the athletes can recognize their astonishing accomplishments as they compete against the top crossfitters in the world, this event also brings to the forefront the great community behind the sport. The spectacular spectator support and the passion of the people has an impact on the greatness trajectory.

We've left no atlas stone unturned in the greatness department; from training, to performance, to fuel, and beyond. Surround yourself with greatness and you will see the greatness within!

Wishing you a GREAT 2016!



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AND THE DOERS,
THE BELIEVERS
AND THE THINKERS,
BUT MOST OF
ALL, SURROUND
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GREATNESS WITHIN
YOU, EVEN WHEN
YOU DON'T SEE IT
YOURSELF. ~EDMUND LEE**

Fred Antwi, Publisher

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AYZE is an award winning photographer in Toronto with many ad campaigns under his belt. He has worked with several fitness magazines on numerous features and campaigns, including the cover and feature in this issue. www.Ayze.ca

DANETTE WATT is a 200-hour RYT, CrossFit athlete, runner and triathlete. She lives in Illinois where she teaches yoga at Be Well Now in Alton and works out at Iron House Crossfit in Godfrey. She believes exercise in any form maintains physical, mental, and spiritual health.

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A man with a beard is shown in profile, sitting on the floor and stretching his leg. He is wearing a grey t-shirt and black athletic pants with the word "VIRUS" printed on the side. He is holding his foot with both hands, pulling it towards his body.

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—ANONYMOUS



Athlete **JOSH BRIDGES**
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ALL IN THE FAMILY



CrossFit M3
PHOTOGRAPHY BY SHOOTING MONSTERS

Matthew Lefave and Marg Lefave are two of the owners behind CrossFit M3, along with their son Maximus (pictured left).

THE TOP: CrossFit M3 opened this past August in Mississauga, Ontario, Canada. Matthew and Margaret LeFave, Herman Gill, and Thomas Kimball are the proud owners of CF M3, located in the heart of Port Credit, Ontario, just a hop, skip, and a box jump from the Go Train station.

Matt Lefave is a full time lawyer of 10 years, in downtown Toronto and practices Civil Litigation. You might not recognize Lefave from the courtroom but you may recognize him from the 2012 CrossFit Games. At 35, he is still competing and looking to get back to the Games in 2016.

Margaret works full time at the box and is the head trainer. Marg used to work in Fashion Industry but has dedicated herself to helping others pursue their fitness goals after having a life changing experience since starting CrossFit. A former competitive figure skater Marg is an exceptional coach and has an eye for movement and body mechanics that is second to none. She brings an infectious energy to the Box that makes it difficult to leave the class without a smile on your face, (after peeling yourself off the floor

THE GLUE: "M3" stands for Maximus, Marg, and Matt. Maximus Lefave is only 2 years old but is the glue! Priding themselves on being a family-friendly environment, Maximus can often be seen banging out reps on his Wod Toys barbell or hanging from his Rogue Rings. His parents take great pleasure in knowing that Max will be growing up in such a positive environment.

And with no shortage of nurturing in this family-friendly environment, there is also no shortage of glue binding this community together. Tom Kimball has been a super glue that has helped foster the growth of CF M3 and has a reassuring coaching style that continues to inspire new members to get active and achieve their fitness goals. It must also be noted that CF M3 would not be what it is but for Herman Gill. Herman works full time and coaches on Sunday. He participates regularly in the 6am class and is known as an all around great guy, humble and kind, and although his CrossFit game is impressive, you'll never hear it from him.

PRE WOD: Matt had previously co-owned a gym in downtown Toronto. It had always

been a dream to open up his very own gym so things started to take shape following the birth of young Maximus. After moving out of the city to the suburbs, the idea of a family-owned box turned into a Lefave reality.

FABRIC: The fabric of CF M3 is family. Although a young gym, they are focused on keeping a strong sense of community within their affiliation. CF M3 already has a welcoming group of members that support each other and push each other to be their best. Members enjoy being part of the unique community experience at M3.

STRENGTH SESSION: This crew puts the emphasis on challenge and uses the training to prepare for the challenges of life.

OUTSIDE THE BOX: Big plans are already in the works for this Box! CF M3 is in the midst of planning a Kids Obstacle Course and Spartan Race during the Mississauga Waterfront Festival in the Summer of 2016. Increasing their involvement with local youth is on their short-list of accomplishments as well.

CrossFit M3: 58 Oakwood Ave North, Mississauga, ON, Canada
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FOSTERING A FAMILY-FRIENDLY ENVIRONMENT TOP'S THE LIST FOR M3.





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Radix Performance Centre
PHOTOGRAPHY BY SHOOTING MONSTERS

THE TOP: Daniel Thiessen and Rachael DeYoung are the head honchos here. Daniel trained in martial arts since he was 18, competing and coaching strength and conditioning for other fighters, as well as everyday clients and kids. He trains the up-and-coming CrossFit team and competitive fighters team. His favourite lift is a heavy snatch or deadlift, and his favourite treats are Nutella and doughnuts.

Rachael was a lifeguard and swim instructor until she found CrossFit, when she dove right into gymnastics and nutrition certifications, hanging out coaching at the gym all day and competing for Canada East in 2014. Her favourite exercises are handstand push-ups and all types of squats. Her favourite treat is chocolate almonds.

THE GLUE: Daniel and Rachael run CrossFit RPX along with several assistant CFL1 coaches. Jamie "The Steel Viking" Currie loves power building and peanut butter and has travelled to train with and learn from powerlifting and bodybuilding pros all across North America. Frazer Pole is secretly a superstar at curling and is starting a sport-specific CF program. Jeff Edden, aspiring badass, loves all things CrossFit and worked behind the scenes pulling strings at Regionals 2014. These guys train together all the time

and are always helping others during their workouts.

PRE-WOD: Daniel has a number of personal training and strength and conditioning credentials, and trained with some of the best in the business while working out of his garage. He always wanted to open up his own gym, started training CrossFit, met Rachael at a box, and the rest is history!

THE FABRIC: Radix has athletes from all genres training in one facility, and are proud of their strong sense of camaraderie. Everyone is focused on achieving their goals and supporting others, whatever those goals may be. Because you can hit the bag after you hit a WOD, it seems to take a lot of pressure off CrossFit as prescribed and makes it all about the sport of fitness and being a well-rounded athlete. This box feels fortunate to have built a solid foundation in the fitness industry through their years of hard work, learning, training, competing, and working with a variety of other athletes and coaches. Because of their work across such a variety of fitness domains, they can truly bring the best to their clients in a fun and supportive environment.

The crew at CF RPX live and breathe fitness. It is not just their hobby, or their livelihoods, it is their passion and



purpose. They understand that most people have simple fitness goals and busy jobs and lifestyles, so they want to help you do the best you can and make the most of your time. They focus on the basics, the simple stuff, and build from there with confidence. Beginner classes and personal training are a big part of what they do, which makes it easy for them to get to know their clients personally and enables them to help assess their physical potential.

STRENGTH SESSION: At Radix, there are always top-level athletes around, people who walk the talk. All of their coaches are active in the amateur or pro leagues. Radix boxers include provincial champs, pro boxers, and kick-boxers, and their blend of strength and conditioning for martial artists is revolutionizing the way these fighters train. CrossFit RPX also has a collaboration with Sabaria School of Weightlifting allowing them to have access to some of Ontario's best lifters. Sabaria was founded by Richard Gonsalves, who shares head coaching duties

with Amanda Braddock. Braddock is on an Olympic journey after claiming a spot on Team Canada.

Sabaria School of Weightlifting is home to provincial champs and Team Canada members, so they can work with aspiring competitors as well as beginner athletes. They have boxers and weightlifters with their sights set on the Olympics. CrossFit RPX co-owner Rachael competed for Canada East in 2014, and they are currently building a competitive team for 2016, based on their experiences at local competitions this year, such as the recent event that SWEAT RX put on with Rush Club.

In between sets, weightlifters and CrossFitters watch as competitive boxers Mohammed Abedeen and Marco Capobiano coach classes for fitness boxing. Marco just won his last competition, and Mo is prepping for an upcoming pro fight, but they both love teaching the kids classes and doing 40" box jumps.

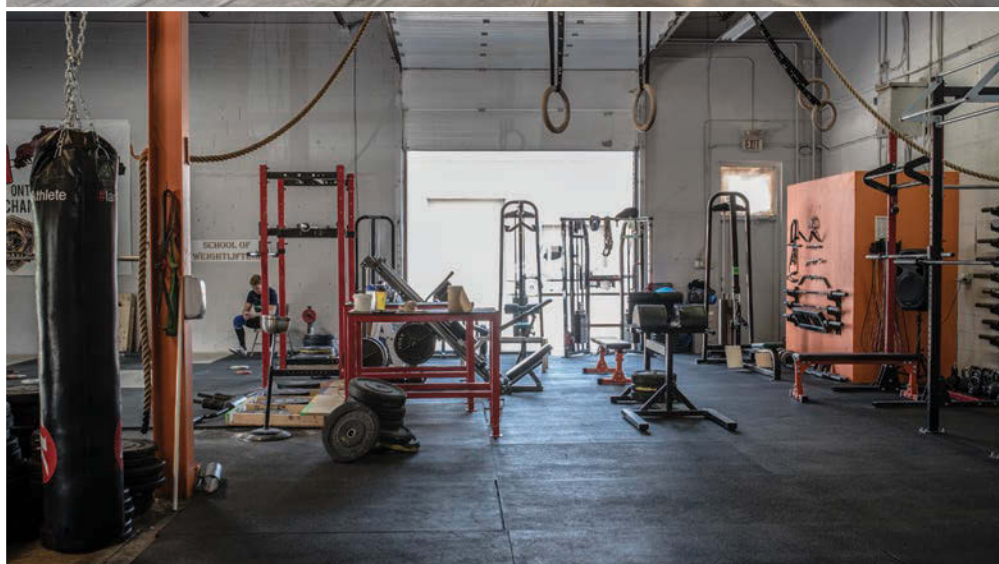
CF Radix feels that it's important for their clients to see everyone active in their sport. It shows dedication to building a strong team and illustrates that their priority is purposeful training, whatever the sport or level. Radix's top-level athletes receive sponsorships in the form of training, gear, and whatever they need, so they can focus on their training and give their best to their clients, too.

OUTSIDE THE BOX : Radix is involved with a non-profit organization called The Dream Dealer, which sponsors some of their youth program at Radix. They teach kids the discipline of martial arts, as well as strength training and gymnastics. They participate in various charity events throughout the year, such as the United Way Bus Pull and Dream Dealer Golf Tournament, and they love when crossfitters come out to watch a boxing match. They encourage the community feeling and nurture the camaraderie by hosting BBQs and social events at the gym. For their two-day grand opening celebration, they had a Power Monkey Fitness seminar on handstands and muscle-ups, and then a CrossFit competition, a deadlift challenge, and family fun time with popcorn for the kids.

HIGH FIVES: At Radix they are fostering a great family environment, and they are always welcoming new members to join. They look forward to getting connected with their members and being a part of their lives, so it's safe to say that you can plan to have a whole bunch more friends, birthday parties, and fun times—in and out of the gym!

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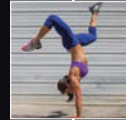
A woman with long dark hair, wearing a black tank top, is holding a speed rope with both hands, ready to jump. She is looking directly at the camera with a determined expression. The background is a dark, textured wall.

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AT THE CORE OF IT

Back to Basics with Handstands

PHOTOGRAPHY BY DAVE LAUS

ATHLETE: FIONA HARRIS

Handstands are difficult enough, but add walking on your hands into the mix and it's an even bigger challenge.

If you've been diligent with your core work, you've just made things a whole lot easier—handstand walks are all about core strength. Obviously not everyone can just fl their legs into the air and balance on their hands nicely, so before we start flipping and floppi around, let's rewind back to the basics.

REMEMBER TEDDY BEAR STANDS?

Some of us did these back in primary school. On all fours, start by resting the top of your head on the floor – use an ab mat if ou need. While in the headstand position, place one knee on the same elbow and do the same with the other side. Hold this. If you're balanced, try extending both legs up and balancing. For extra support, start by doing this against a wall.

COMFORTABLY INVERTED

Being upside down can be pretty scary for some people, not to mention vertigo-inducing. Take some time staying inverted so that you feel comfortable and dizziness is not a factor. Once you spend a little time in the teddy bear headstand, and your feeling comfortable, it's time to start kicking up against a wall. Place your hands six inches from the wall, lock out your arms and push off ha d with one leg and bring legs together at the top. The back of your head should now be six inches or so from the wall.

SIMON SAYS TOUCH YOUR SHOULDERS

As you get more comfortable upside down, try getting up away from the wall. Once you're in the handstand position (against or away from the wall), try shifting your weight slightly and touch your right hand to you left shoulder. Then do it again on the other side. This will help you get used to using your core to really stabilize you when you've only got one hand on the ground.

GOTTA CRAWL BEFORE YOU WALK – NOT IN THIS CASE!

Once you've got the handstand and you are comfortable being upside down, and shifting your weight from one hand to the other, try taking a couple steps on your hands.

KEEP THE LEGS LIGHT AND USE YOUR CORE!

Don't forget that your core is the brain of the operation. Keep practicing these steps and you'll be handstand walking in no time – also great training for handstand push-ups.

TIPS FOR HEADSTANDS

- **Use the Teddy Bear Stands as your stepping stone to getting comfortable upside down.**
- **Rest the top of your head on the floor and place one knee on th same elbow, and do the same for the opposite side.**
- **Once you are confident he e, try extending your legs—use the wall fi st to get comfortable with the movement.**





READY, SET, PREP!

PREPARATION FOR
PERFORMANCE IS KEY

BY DR KEVIN JARDINE

MOTION CONTROL IS THE KEY. THE MORE YOU DEVELOP THE QUALITY OF YOUR MOTION

Is too much performance and not enough preparation hurting your ability to get fitter? Are you having trouble getting to the next level in your performance? Have you been getting injured more frequently than you expected?

High-intensity fitness demands on the body can be significant and if we want every workout to be performance-focused, where we push ourselves to the limit, then it can be expected that things may break down.

In my experience working with some of the top athletes in the world, focusing too much on performance and not enough on preparation can spell disaster when it comes to sustaining your ability to get great results. All performance and no preparation can also lead to excessive wear and tear on the body. This happens because the larger performance-based muscles are developed while the smaller muscles used to protect our joints and maintain our posture are neglected. This imbalance leads to joint strain and excessive torque stress in muscles, and that can lead to injuries.

What does preparation training versus performance training mean? Think of this like the front stage and backstage of a great production. The backstage work allows for practice and preparation, so that on the night of the performance, everything runs smoothly. The same is true for professional sports. All types of athletes need to balance their performance playing time with practice time.

I've witnessed training at boxes first-hand, in which the warm-up was box jumps and pull-ups. Then we did some strength and then the WOD. In my view, this approach doesn't help you build your fitness; in fact, it can tear it down. I've also consulted with many fitness enthusiasts who are looking to get fitter without injuries, and all they have been doing is the workout of the day, every day, at their local box. Few people can manage that level of physical stress, and often they are exceptionally gifted, pursuing a professional career, or spending much of the day on recovery strategies. Most of us need to balance the amazing benefits of high-intensity fitness like CrossFit

with the recovery that helps prepare and even repair the body for such intensity.

What kind of exercises am I referring to when it comes to preparation training? Preparation training focuses on the smaller muscles of the body, whose primary role is to control movement. Movements are often with body weight only, and the focus is on the quality of motion control. Motion control is the key. The more you develop the quality of your motion control, the greater your ability to perform will be. Think about it. What's the point of having great power if you can't control it or the lack of control will break your body apart? Why work to develop improved mobility if you can't control that range? Motion control means not allowing for excessive movement to occur in a joint while it is going through ranges of movement and being loaded. It also means having the right muscles do the right thing at the right time in a sequence that allows you to perform at your best, with the least amount of strain as possible on your body.

Our bodies have two main kinds of skeletal muscle: those that make movement happen and those that help control movement or prevent movement from occurring. With large movements through full ranges of motion, and using heavy loads, mainly the big muscles of the body are used. The smaller, motion-control muscles should be active before the big muscles, to help control stress in the joint and to properly coordinate which muscles fire at what time to ensure movement efficiently. The smaller muscles need to be targeted in your training plan, especially if you've been injured, as they can be why some injuries fail to get better.

I WOULD SUGGEST YOU INCORPORATE THESE 3 KEY MOVEMENTS IN YOUR PREPARATION TRAINING...



1 Side stepping with a ring band.

Place a miniband around your ankles and while standing in your braced position, keeping your feet pointed forward, and your shoulders and hips level to the ground, take a step to one side and then plant your foot on the floor. Slowly bring your other leg to it in a side stepping manner and repeat this 10 steps before reversing the direction. Do two to three times for a total of 20-30 reps per side.

CONTROL, THE GREATER YOUR ABILITY TO PERFORM WILL BE.



Spend time each week doing bodyweight-based conditioning, as well as the 3 exercises mentioned here. You could do one set daily because you are trying to stimulate the neural connection and efficiency of muscle activation. Then when you do your larger and more dynamic lifts and movements, you can focus on developing power.

2 Gluteal bridging.

Start by lifting your toes to your shins so that only your heels are touching the ground. Lift your butt up off of the floor and gently pull your heels into the ground once your abdomen is in line with your thighs. You are trying to achieve a straight line between your knees, hips and shoulders. Repeat 30 times.

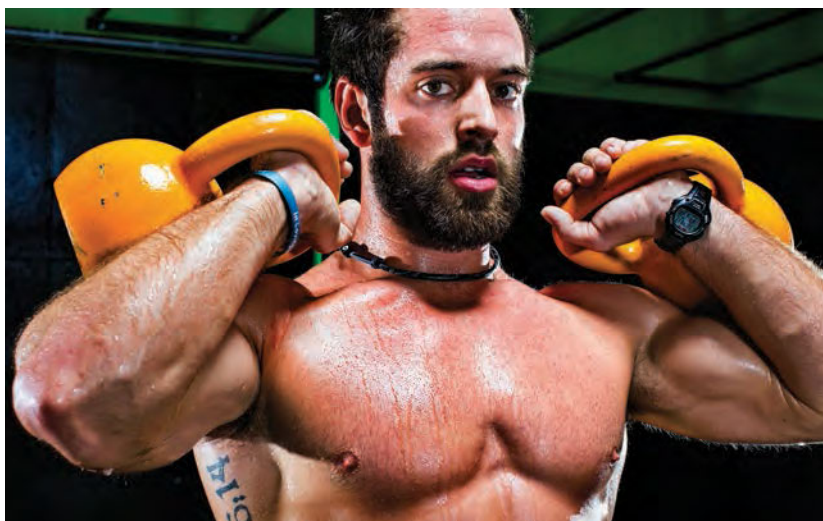


3 Cross crawl.

While lying on your back, place your right hand against your left knee and press the two together without creating any movement. Hold this position as you slowly lower the left leg and right arm up and down while focusing on keeping the spine as still as possible. Repeat 15 times per side.



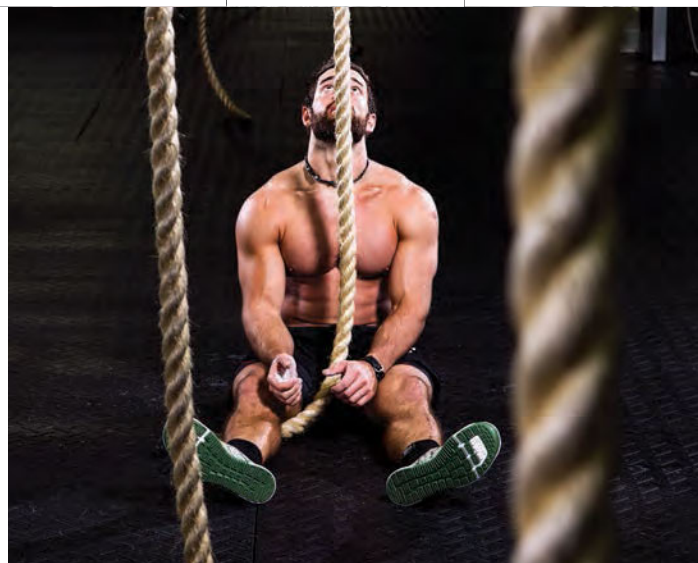
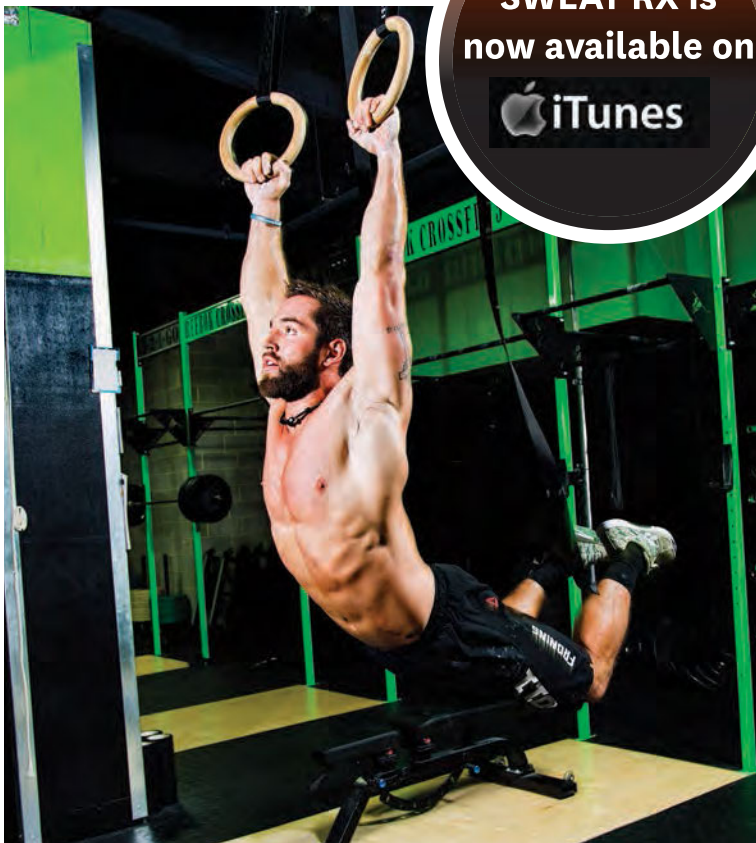
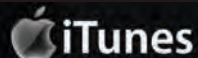
PREPARATION TRAINING FOCUSES ON THE SMALLER MUSCLES OF THE BODY THAT HAVE A PRIMARY ROLE OF CONTROLLING MOVEMENT.



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ALL FLAVOUR NO GUILT

Jazz Up the Jambalaya

RECIPE AND PHOTO BY CHEF DAN VOGT

WE CAN ENJOY SOME OF OUR FAVORITE FOODS

if we learn to prepare them in a slightly different fashion. Most folks would think that something like chorizo sausage would be taboo when eating healthy, but what if you just flavored the foods with that high calorie ingredient? Most folks when they make a dish like jambalaya will load up on sausage as well as rice. We all know by now, that high fat and high carbs is not such a great idea. Shredding some cauliflower is a great way to shred fat but what about the sausage? While I agree that you need to use fat to lose fat, there are times when you are looking for something lighter. You can take small amounts of an ingredient to flavor the oil or liquid you're using to prepare the dish. When you use bold flavors like sausage, these flavors will infuse throughout the dish with way less calories while keeping all the flavor.



NUTRITION FACTS

Serving Size 5 oz (140 g)

Calories 52

Total Fat 3 g

Carbohydrates 5 g

Protein 2 g

CAULIFLOWER RICE JAMBALAYA

Yields:

8 Cups

Total Time:

15 minutes

INGREDIENTS:

- 1 ounce chorizo sausage
- 1 head cauliflower
- 1 stalk celery
- 2/3 medium green bell pepper
- 1 onion
- 5 cloves garlic
- 1 tomato
- 1 tablespoon Cajun spice blend
- 1 tablespoon coconut oil



DIRECTIONS:

1. Melt coconut oil in a large pan, add chopped chorizo and garlic to flavor the oil.
2. Chop onion, celery, and peppers, add to the pan, then season with spices.
3. Blend the tomato in the food processor, then add to the pan.
4. Grate the cauliflower and fold into ingredients in the pan, cover and simmer on low for 10 minutes.



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HOW 8 MINUTES A DAY CAN CHANGE EVERYTHING

Train your mind

BY DAWN FLETCHER

To perform your best and get the most out of your training sessions, you have to stay focused on your purpose and plan. The best way to do that is to keep a centred frame of mind. Just like you can be efficient with your workouts, you can be efficient with working on your mindset. But, if you don't do it, it won't improve—plain and simple. You can guide your thoughts throughout the day to ensure you get the most out of your training—and your life.

TRY THESE FOUR 2-MINUTE MENTAL ROUTINES:

- 1** 2 minutes first thing in the morning, practice gratitude and intention setting
- 2** 2 minutes before your workout, appreciate the opportunity and remind yourself of your “why”; set your intentions
- 3** 2 minutes after your workout, reflect on takeaways and lessons learned
- 4** 2 minutes before you go to sleep, practice gratitude and positive thinking

Even if you're not an athlete, you can practice these tips when you wake up in the morning and before bed. Take notes as you do, because writing things down has an even more powerful impact. I suggest that we all practice gratitude, positivity, prayer or quick meditations, mindfulness, intention setting, and centering throughout the day. You can definitely make these routines longer or do them more often if you like. Start with the quick and easy, 2-minute routines; you can build on them as your levels of comfort and consistency increase. Bottom Line: It's crucial that you develop a routine to remind yourself to stay positive and focused on what's most important to YOU.



Dawn Fletcher is a CrossFit coach who can help you perform at your best. If you want more information about building a strong mind, and improving your mental toughness, check out this must-have ebook for crossfitters: <http://fletcherfitness.com/build-mental-strength/>.

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ALL SHOW, NO GO

*The Relationship
Between Size and Strength*

BY THE EDITORS



THE DISCREPANCY IN STRENGTH AND FUNCTIONALITY OF THE MUSCLE IS ALSO DUE TO DIFFERENT TYPES OF TRAINING.

According to Doug McGuff, MD from BodyByScience, while it is provable that a given muscle's strength is proportional to its cross sectional area and that a bigger muscle is a stronger muscle; a notable increase in strength is not always accompanied by a notable increase in size.

REASON:

It is partly because it takes a lot of increase in cross sectional area to produce a noticeable increase in volume. For many, big muscles are aesthetically appealing and for most men, with any degree of strength increase, an increase in mass is desired... but Mother Nature wants the least amount of increase in mass for a given increase in strength; to be functional and adaptable.

There are two very different types of hypertrophy (the increase in the volume of an organ or tissue due to the enlargement of its component cells) that can take place within the muscle. Being aware of this helps to answer the question of why some athletes possess superhuman strength and others are "all show, no go". The answer can be found in the two types of hypertrophy - sarcoplasmic and myofibrillar hypertrophy.

SARCOPLASMIC HYPERTROPHY

Sarcoplasmic hypertrophy is an increase in

the volume of the non-contractile muscle cell fluid, sarcoplasm. This fluid accounts for 25-30% of the muscle's size. Although the cross sectional area of the muscle increases, the density of muscle fibers per unit area decreases, and there is no increase in muscular strength. This type of hypertrophy has little to do with such explosive movements as hitting, running, throwing, jumping or performing a one-rep max. This is why professional bodybuilders, whose training mainly hypertrophies the Type IIA fibers and causes an increase in the non-contractile components of the muscle (sarcoplasmic volume, capillary density, and mitochondria proliferation) are not the fastest or even the strongest of all athletes. This is despite the fact that they generally have more muscle than any other class of athlete, making form over function.

MYOFIBRILLAR HYPERTROPHY

Myofibrillar hypertrophy, on the other hand, is an enlargement of the muscle fiber as it gains more myofibrils, which contract and generate tension in the muscle. With this type of hypertrophy, the area density of myofibrils increases and there is a significantly greater ability to exert muscular strength. Incorporating repetitions in the 1-5 rep range, using 85 - 100% of a 1RM have an added benefit of training the ner-

vous system. Some of the many benefits of training the nervous system are: increased neural drive to the muscle, increased synchronization of motor units, increased activation of the contractile apparatus, and decreased inhibition by the protective mechanisms of the muscle. Incorporating these training methods into your routine at the right time will undoubtedly improve your muscles' ability to generate more force and contract to its maximum during any sporting activity; making it important for functionality.

However, there are athletes who are every bit as strong and functional as they look. Although an athlete's genetic makeup is always a factor, the answer to this discrepancy in strength and functionality of the muscle can also be due to the different types of training performed by different athletes. Two athletes may possess similar physiques, but the muscle they have built using their different training methods may not be the same. In other words, all muscular growth was NOT created equal and no matter how bad those high-rep sets of leg extensions burn, they will never build the strength, power, and functional hypertrophy of a heavy set of squats or dead lifts.

The difference will always become quite apparent as soon as it's time for an athlete to put his/her muscle to the test. ●



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GET BACK ON THE MAT!

How yoga can help your pistols

BY DANETTE WATT

CROSSFIT ATHLETES TEND TO BE HIGH ENERGY AND COMPETITIVE. Yoga is a good balance for these Type A personalities. Lesley Allen knows that from experience. The owner of True Spirit CrossFit & Yoga in Bozeman, Montana, she's a Level 2 coach and yoga teacher. "Our box philosophy is that for every day of CrossFit, you should do a day of yoga," she says. "We need to balance the yin/yang energies and develop body control." We may do mobility work post-WOD but there's something to be said for a regular yoga practice. From a beginning meditation that hones our concentration to the last posture of Savasana (Corpse Pose), yoga gives us an edge at the box. It increases mobility and flexibility, strengthens muscles, improves balance, and teaches focus. "In fact," Allen adds, "Glassman's original definition mentions the importance of flexibility. People forget about that. It's one of the ten skills."

WHY ARE PISTOLS SO TOUGH?

Pistol squats are one of the toughest bodyweight movements. They involve balancing on one leg while extending the other leg in front of you, sitting back and lowering down into a deep squat, and then standing back up. In a nutshell, this sequence takes balance, stability, and flexibility. More specifically, the supporting leg needs good ankle flexion, strong lower leg muscles, and hip stability. The main muscles used are the quads and hamstrings, a group of three muscles in the back of the thigh. The psoas (a hip flexor) is a pair of muscles that connect to the lower back, wrap around the front of the torso, and attach to the top of the femur. These hip flexors are called into play in the extended leg, as core strength is needed to hold the leg up. In addition, the hamstrings are passively lengthened in the lifted leg.

"We sit all day, and that shortens the hamstrings," says Allen. "If your hamstrings are tight, you can't hold the leg out in front." Allen has her athletes prep for pistols with couch stretch, which stretches the quads and hip flexors.

PHOTO: DANETTE WATT AND LESLEY ALLEN

STRETCH IT OUT

YOGA FOR IMPROVED MOBILITY AND FLEXIBILITY.

KEY YOGA POSTURES FOR BETTER PISTOLS

What differentiates yoga from stretching or banded distractions is the breath. When you do these yoga postures, take your time, breathe slowly, and relax into the stretch. As you do, you'll find yourself able to go deeper into the pose.

TO IMPROVE ANKLE MOBILITY:

Malasana (Garland Squat) is comparable to a deep squat. Keep the chest up and the toes pointed forward. Shift your weight from foot to foot or move your ankles back and forth to increase mobility in the joint. (not pictured)

HAND-TO-FOOT

To strengthen the standing leg, hip, and lower leg muscles, stretch the hamstring muscles of the extended leg and work on balance.

1. Stand with your feet hip-width apart and focus on a point in front of you. Keeping a steady gaze, shift your weight to your left foot and bring your right knee towards your chest, being careful not to fold your torso over the knee. Hold the shin and take several breaths. Repeat with the other leg.

2. When you're able to stay fairly steady, move on to extending your right leg. Grasp the bottom of your right foot with both hands (or hold your toes with one hand) and straighten the leg. Be patient with yourself. You'll be steadier on some days than on others, and you'll probably balance easier on one leg than on the other. "To work the core, quads, and hip flexors," says Rountree, "stretch your raised leg straight in front of you while holding your hands on your hips or overhead." With consistent practice, you'll experience more flexibility in your hamstrings and psoas with increased stability and balance. All of these will improve your pistol squat.



TO STRETCH THE HAMSTRINGS:

3. Reclined Hamstring Stretch addresses tightness in the hamstrings and hips, says Sage Rountree in her book, *Runners Guide to Yoga*. The floor holds your back in a relatively neutral position and working one leg at a time lets you pay attention to each muscle.

To do the stretch, lie on your back with your left leg bent. Raise your right leg toward the ceiling and wrap a strap over the arch of your right foot. Gently pull on the strap, bringing the knee closer to your chest, but don't lock the knee. Keep your shoulders, neck, and head relaxed. Hold for ten breaths, and then repeat with the strap around the left foot. For more intensity, extend your left leg.

4. For a variation, cross the raised leg a few inches to the right or left. This targets all of the hamstring muscles.



FOR EVERY DAY OF CROSSFIT, YOU SHOULD DO A DAY OF YOGA.

Q&A

COACH BEN BERGERON

EAST COAST CHAMPIONSHIPS



JOIN US

Renowned coach and owner of CrossFit New England, Ben Bergeron and his affiliate, will host the 2016 East Coast Championships at the Boston Seaport World Trade Center. Coach Bergeron discusses the upcoming competition, and what kind of experience he hopes will be enjoyed by athletes and spectators alike.

WHY DID YOU INITIALLY START THE EAST COAST CHAMPIONSHIPS?

The East Coast Championships, hosted by our affiliate CrossFit New England, started out merely as a regular smaller competition that slowly morphed into what it is today. What is today's ECC, wasn't always the "East Coast Championships." We didn't develop it as the ECC. Rather than emerging from a dream or vision to create such a big, amazing competition for our Games athletes, this particular competition has developed organically. Originally, it was truly just an off-season competition that more and more elite athletes started coming to. What really tipped off our competition, as when we brought it off site from our gym, and did it at the Boston Seaport World Trade Center. We enjoy competitions, and we've been doing competitions through our affiliate since we started. We've had athletes and teams at the Games every single year and we wanted to appeal more to the masses.

WHAT IS YOUR THOUGHT PROCESS BEHIND THIS YEAR'S WODS?

This year's competition will yield very different tests. While we'll most likely repeat one, the overall volume will be lower. We will also take into great consideration as to how the workouts will "look." The goal is to create allure for the fans. Are the workouts visually appealing? Is it easy to tell who's in the lead? Is it easy to relate to? The whole idea is to create something that's easy to watch. As good of a test as a 2,000m row is, it's brutally boring to watch. We also take

into consideration everything in terms of where the athletes are on the floor. Everything we do in terms of programming, reflects back on the spectator experience.

HOW HAVE YOU MANAGED TO GET SUCH A TOP TIER GROUP OF ATHLETES WHO CONSISTENTLY COMPETE, MAKING IT SUPER EXCITING?

I believe that these athletes put trust into me as an organizer and programmer. I try to run a very professional event where they're not going to be surprised with anything that's outside their capabilities. I don't want to keep the athletes in corrals for hours upon hours and then ask them to go lift heavy barbells. I'm very aware of safety and optimal performance that these guys need. I make sure that the athletes are all taken care of, where as other competitions might have athletes have to walk ¼ mile to simply get to the restrooms. We make sure that it's a really nicely

catered event. Between picking the athletes up from the airport, and providing rooms around the venue, everything is taken care of for these guys. It's also a

competition in which all of the athletes are able to represent their sponsors, not to mention the beautiful weather of Boston in January (laughs).

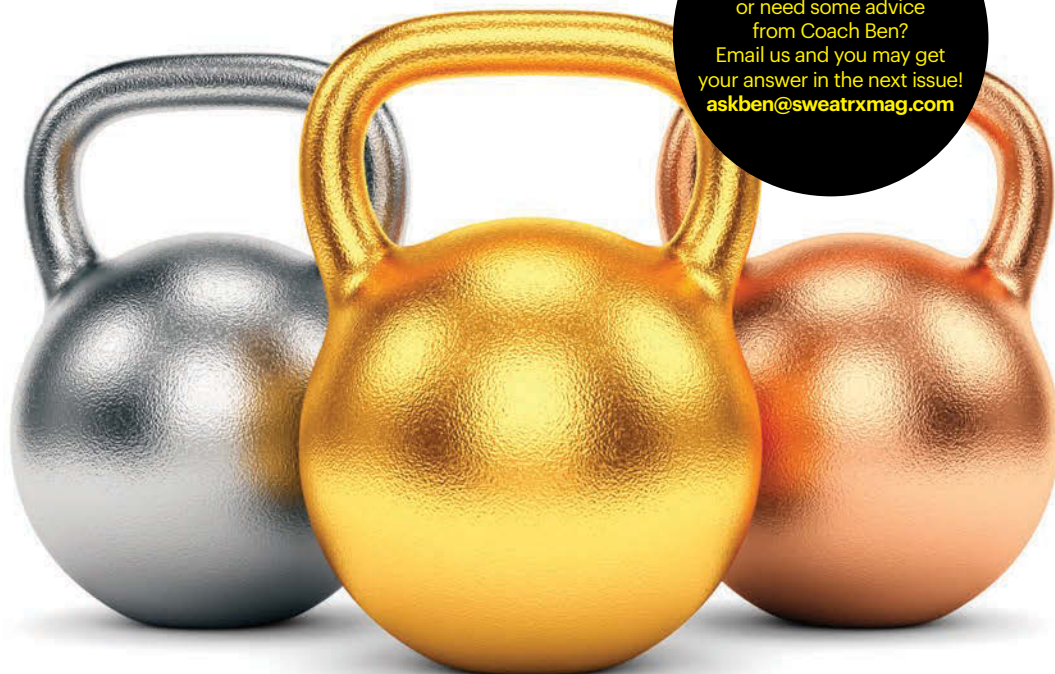
WHAT DOES THE COMPETITION MEAN TO YOU?

I like to think of it as a spectacle, and as a great experience for the athletes to get together and test themselves during the offseason. Holding it on the east coast allows people who don't normally get a chance to see the amazing athletes perform at the Games because it's on the other side of the country. For me, the East Coast Championships is really giving an enjoyable experience to the athletes, while simultaneously creating an entertaining piece of theater for the spectators. ●

ASK COACH BEN

Have a question or need some advice from Coach Ben?

Email us and you may get your answer in the next issue! askben@sweatrxmag.com





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with Ruby Wiswall



46 // FIT BIZ
with Adee Zukier
and AJ Roberts

THE SCENE

Bringing you into the world of CrossFit.



ORGANIZE YOURSELF TO CHANGE THE WORLD

3 Tips to Become a Boss

BY DOC WILLIAMS

WE ALL KNOW THAT ONE FRIEND WHO KEEPS TALKING ABOUT STARTING A NEW JOB OR CAREER FOR MONTHS OR YEARS AND DOES ABSOLUTELY NOTHING TO WORK TOWARDS IT. THIS IS FOR ALL THE PEOPLE THAT WANT TO GET INTO FITNESS AND MAKE AN IMPACT, BUT WHO JUST NEED TO LEARN HOW TO DO IT. IN THIS SERIES, WE'RE BRINGING TOGETHER SOME OF THE BRIGHTEST MINDS TO GIVE YOU SOME TIPS AND STRATEGIES TO START A CAREER THAT YOU LOVE.

When you think about a professional sports team, your attention is usually drawn to the star player or the coach. But very seldom do you see the person that's behind all the action. Ruby Wiswall is a true trailblazer for the newly created. Not only is she the only co-owner and operator of a professional sports team, she has a bigger goal for the future: to help other females in the profession as well. She talked to SWEAT RX about what it means to be the first female manager of a pro sports team, what she's passionate about, and three tips to help you become organized and reach your goals.



Ruby Wiswall

SWEAT RX: WHAT RESPONSIBILITIES DO YOU HAVE WITH THE MIAMI SURGE?

RUBY WISWALL: I'm the operations manager, so I'm responsible for all the event planning, all of the travel and the well-being of the athletes. [I'm also] in charge of all schedules, accounting, and in charge of HR.

WOW, THAT'S A LOT. HOW DO YOU SCHEDULE FOR ALL THAT?

Well, I'm a project manager at heart, so figuring out and pointing all the pieces together is kinda what I'm good at.

WHAT BACKGROUND DID YOU HAVE BEFORE GETTING INVOLVED WITH THE SURGE?


Very wide ranging. Probably my most relevant experience would be in serving at some high end restaurants in Philly. Learning to pay attention through having twenty steps of service and having to prioritize. It really has helped me do anything; scheduling, detailing, and keeping a smile on my face. Also, I did event planning as well.

I've done it all. I was a project manager for about year for trade shows. I learned a lot of good skills doing that. I was a English Lit. major in college as well as a Dance minor. I am also a dance teacher and I teach engaged couples how to dance for their weddings. I've [also] wrapped soap (laughs).

Actually prior to this company [Miami Surge], we had our own branding, marketing and web design company, so again, I was the project marketing manger for that company as well.

IT SOUNDS LIKE THIS HAS BEEN A PERFECT TRANSITION TO ALL THE THINGS YOU ARE DOING NOW.

It kinda is. With all the experience that Mather [Wiswall, my brother and co-owner of the Miami Surge] and I have, our strength and weaknesses, we balance each other out and all of our experiences, no matter how



I WANT TO HELP YOUNG FEMALES GROW UP WITH CONFIDENCE AND SELF-ESTEEM.

eclectic they might be, fit together to help the Surge.
**WOULD YOU LIKE TO SEE OTHER FEMALES
GETTING INVOLVED AS GENERAL MANAGERS IN
THE SPORT AS WELL?**

I would love it. In those higher level positions I think it's expected for men to be [owners]; a man would be a GM. For this sport, women can most certainly get involved. They can see [athletes] that look like them. They see full time nurses or mothers [on the team]. Whatever it is, they have people they can relate to. Plus the sport is so damn exciting! I really hope women will say, 'Hey, I want to get involved.' And I have seen that quite a bit. A lot of people I work with on the Surge are female and quite a bit of the league's [NPGL's] execs are female.

**DO YOU THINK AS THE SPORT GROWS YOU'LL
HAVE A MENTORING RULE?**

Honestly, one of the major reasons why I am passionate about the position that I am in now is because I want to affect society at large. I want to help females grow up with confidence and self esteem. It's way too common for teenage girls to hit a certain point and then their confidence plummet and self esteem goes away, and it's tragic. I think that's another reason why you don't see a lot of female executives. Women are still getting paid less than men and other inequalities remain in the work force. It's just the way that society is and part of it is that females don't try. So I would love to be a mentor to anyone that wants to be in management. I would be excited to work with teenage girls and see them grow up and try different things. Being assertive. Being a boss. That's what I get really excited about.



RUBY'S TOP 3 TIPS TO GETTING ORGANIZED:

1. WRITE EVERYTHING DOWN - Whether I am planning an event or working a regular day, my philosophy is to write down every little thing. I carry around a notebook with me that holds all of my task lists and notes, so that no matter what is happening, if the words "I need to..." cross my mind, I can write it down so that I don't forget.

2. ORGANIZE THE INBOX - Within my email program I utilize folders to house emails of a certain topic. You can do this by client, or subject, but whatever your folder labels are they must help you look up information quickly. As soon as an email is taken care of, I either delete it or move it to the appropriate folder. This means that the only emails in my inbox are those that still have tasks associated with them. I typically go through my inbox once in the morning to make sure I'm not forgetting anything important, and knock off the tasks that need doing. This hour or so each day helps me stay on top of all communication.

3. STAY DISCIPLINED - Creating processes for yourself is very important, but the key is to discipline yourself to stick to them. It works for me to check email once in the morning and organize my inbox, then to work on other projects for the rest of the morning, and then in the afternoon, when my focus is waning, I get my busy work out of the way (paperwork, filing, or other tasks that don't take as much brain power). I also know that I get the most done in the morning, so I set the goal to be working by 7:30am at the latest to capitalize on my most productive time of day. Then I typically make sure I stop working by 8pm so that I can have an hour or so to decompress and reset for the next day. Find what works for you and block out a day or week to organize it and to support your new habits. The trick is to stick to it, even when other priorities pop up.





Modern Food Brands is proud to introduce Callie Hedblom, one of our founders and the Director of Research and Development for Paleo Naturals. While attending the Institute for Integrative Nutrition and teaching classes as a CF L-1 coach at Whaling City Crossfit, Callie discovered her passion for the Paleo lifestyle. As part of our team at Modern Food Brands, Callie not only creates each Paleo Naturals product, but also offers one on one Nutrition Coaching.



Her program includes an initial consultation, one 30 minute phone call per week, a customized meal plan, freshly made meals, and unlimited support to her clients. Callie will customize your meals to your personal macro needs, as well as any specific dietary restrictions or food allergies. Do you need to lose weight? Gain weight? Heal your digestive system? Take the stress out of food preparation and meal planning; Callie can help you reach your personal goals and feel great!

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STOP TRYING TO FOLLOW THE CROWD:

4 Secrets to be Successful in the Fitness Industry

WRITTEN BY DAKARI WILLIAMS, TIPS PROVIDED BY ADEE ZUKIER AND AJ ROBERTS

Using social media can be a double edged sword. It's a powerful tool to reach your audience, but on the other hand, it can suck you in and take away the vital time you would be spending to create new ideas. It's easy to see in the fitness industry that brands copy other companies' success in product designs, advertisements, you name it. How can you stop following the crowd, break the mold and stand out in the industry?

It's important to look for leaders that have successfully navigated through the industry and have carved an edge for themselves. Look no further than Adee Zukier. She had a breakthrough in 2015 with her brand and program, and looks to have another great year in 2016. We asked her to tell us some of her secrets that have helped her with her brand.

4 SECRETS TO BE SUCCESSFUL IN THE FITNESS INDUSTRY

1) AUTHENTICITY

Be yourself! If you are trying to be something you are not, people will notice. It is not easy to keep up with an act for too long, so let people fall in love with who you are and what you really represent so you will never need an act. For me this looks like practicing what I preach and believing in what I do. If something comes up that isn't true to that, I steer clear away.

2) TRANSPARENCY

For me this is being completely honest. It would be easy to take a few transformations and claim you can get abs in 14 days, but what happens when everyone sees it's not that simple? Tell the whole truth about why you do what you do and how you learned

to do it. In fitness, nothing comes overnight, so getting rid of the false promises and being honest is what will help people trust you.

3) COMMUNITY

Every human being wants to belong and connect with others. It is important to understand that no matter who you are or what you do, fitness is emotional, vulnerable, and comes with a lot of baggage. Provide a place where a group of positive people with a common goal can connect and support one another.

4) VALUE

What do people need? How can you help them get there? Make sure whichever route you decide to pursue, that you're providing value for the consumer. Find something that actually works, find a way to bring it to market in a user friendly way, and educate the population about it! ●

PHOTO: SHOOTING MONSTERS PHOTOGRAPHY





LOCATION: CROSSETT TORONTO



BUILD A BAD ASS BODY

with Christmas Abbott

*By Stephanie Kewin
Photography by Ayze*

CHRISTMAS ABBOTT IS A LESSON IN JUXTAPOSITION.

She's disarmingly kind, with a contagious laugh that can fill a room with warmth; she's hard as nails and radiates an unnerving underlying confidence that dares you to challenge her. But what would you expect but complexity from a self-made woman who can throw down as a competitive Olympic lifter, hang with the guys changing tires in a Nascar pit, and rock a high fashion photo shoot with ease? There's a reason Christmas is making an unforgettable mark on the world: she's fearless.

One of the most driven women in business today, Christmas somehow balances running her box, CrossFit Invoke, doing her own training, making media appearances to promote her new book *The Bad Ass Body Diet*, as well as travelling across North America to host nutrition seminars. Her philosophy on nutrition? "Keep it easy, keep it clean, keep it simple." And, unlike so many diet/nutrition ideologies out there, hers delivers on this promise.

Christmas' custom-built program begins with a no-holds-barred 21-day sugar-free detox designed to help your body "get back to ground zero." Her program advises eating a balanced combination and portion of macros targeted toward your body type, as well as her spin on clean eating, with an easy-to-follow tiered system to help you choose quality foods. She even gets into why it's important to organize your fridge: "The rest of your life is organized, why not your fridge?" Her no-nonsense approach is about choosing a "diet" (or as she



**I KNEW I WAS IN
A WAR ZONE. I
KNEW I'D BEEN
DRINKING AND
HAD PUT MYSELF
THROUGH A
DECADE OF
DRUG USE AND
ALCOHOL ABUSE.
AT THAT MOMENT,
I REALIZED
THAT, WITH
ALL THESE BAD
DECISIONS I'D
BEEN MAKING, I
WAS EVENTUALLY
GOING TO
SUCCEED IN
KILLING MYSELF.
... I DIDN'T
WANT TO DIE.**

prefers to think of it, a lifestyle) based on your body type and your goals. Whatever you do, don't call it Paleo. "Paleo is not conducive to high-level athletes," says Christmas. In her seminars, she discusses the flaws of Paleo in that too many processed, chemically bound ingredients slip in when you get into making those infamous Paleo cookies and muffins etcetera. It's a slippery slope. Her preference? "Foods in as natural a state as often as possible." Except of course when they're cheat meals, which Christmas swears, "Cheat meals are just good for the soul. They're necessary."

And it's not a one-size-fits-all approach when Christmas is coaching you on nutrition. She's developed a system that caters to specific goals; whether you're a hard trainer trying to get enough quality calories to support athletic performance or you're a sedentary person hoping to kick-start a positive change in your life, she's got you covered. Let's hear from Christmas herself about growing pains, changing her life course, her nutrition ideology, and why she loves helping others.

ON GROWING UP

"Growing up, I would wear my Easter dress as long as I could. I'd wear it out in the neighbourhood playing sports with the boy next door. I've had this polar opposite quality to my personality all my life. I want to run around and be tough and play with all the guys, but I'm gonna wear my dress while I do it. I'm very fashionable, and I love high fashion. In my generation, our role models were supermodels. As much as I don't want that Twiggy look, I still love high fashion. I'm either wearing tennis shoes or pumps."

ON HER LIFE-ALTERING 'AHA' MOMENT

"I was fortunate enough to have that 'aha' moment in my life, when I came face to face with all of the decisions I had made up to that point. I went to Iraq as a civilian contractor in January 2004 and before going over, I'd been drinking a lot, smoking pot, and doing an excessive amount of hard drugs for quite some time. I was okay with the decisions I was making because I'd decided I was a product of my environment. When I got to Iraq I was still smoking and as a civilian contractor I was allowed to drink, which I was doing in an active war zone. Within the first few weeks I was there, I was awakened by a noise that was unfamiliar. It woke me up just enough to hear the whistle and then the thunder and lightning crack of the mortar rounds landing in my camp. It took me a second to realize what was happening, but I soon figured out we were under attack. I had a moment of epiphany.

I knew I was in Iraq. I knew I was in a war zone. I knew I'd been drinking and had put myself through a decade of drug use and alcohol abuse. At that moment, I realized that, with all these bad decisions I'd been making, I was eventually going to succeed in killing myself. I realized I didn't want to die; I didn't think to myself, 'I'm going to live the best life I can,' either. It took me three months to gather the courage to quit smoking and then three more





**I EAT CHEAT
MEALS TO FEED
MY SOUL, NOT MY
PERFORMANCE.**

months to gather the courage to try working out. It was a process."

ON NUTRITION

"Keep it easy, keep it clean, keep it simple. I advocate for the foundation of good nutrition. I want people to know that they have the power to dictate the quality of their life. I want people to understand how to balance macronutrients, with an emphasis on the quality food scale [from her book]. You don't have to weigh and measure everything. It doesn't have to be perfect to work. Nothing in the world is perfect, and that's okay.

Food is your direct fuel, and your body is mechanically better than a Ferrari. You're going to treat that Ferrari like it's your baby. You're going to change the oil when it's time, rotate the tires, check the engine, and give it high-octane gas. But then when it comes to your body, you wing it and end up pissing in your gas tank. You put sugar in your gas tank, and sugar blows the engine up. So why treat your body differently than you would a Ferrari when you're a superior machine?"

ON HER BOOK THE BAD ASS BODY DIET

"My book is for the everyday woman. It's for that person who wants to make a change but isn't sure where or how to start. I wanted to speak to people who are busy and on the go but want to make a healthy change in their lives. And they can do that through nutrition. You can't out-train a shitty diet, and through my years of experience, I've become an expert on nutrition. I want to share that with women."


ON HOSTING NUTRITION SEMINARS

"I love seeing everybody's light bulb go off when they recognize what they've been doing wrong and how they can do it right. That's the coolest thing to see! Then they leave, and I hear back from them in a month or a year, and they tell me how easy the plan was to implement. It's still about will power, it's still about discipline, but it's easier than they thought it would be. People just get excited about it, and I love seeing that excitement. I love meeting people at seminars who want to change their lives. I love meeting people who want to change other people's lives. It's a great experience for me."

ON WHAT INSPIRES HER

"What helped me start eating healthy foods was knowing I was going to make a positive change in my body. Now I see food as a drug and a fuel. Right now, my mom is going through chemo for breast cancer. Seeing her struggle is a real motivation: I can take care of my body the best I can, through making decisions that can help ward off diseases that can arise from not eating well. My mom is a big inspiration to me all around; to be able to help her with her nutrition journey is great." ●

**FOOD IS YOUR
DIRECT FUEL, AND
YOUR BODY IS
MECHANICALLY
BETTER THAN
A FERRARI.
YOU'RE GOING
TO TREAT THAT
FERRARI LIKE
IT'S YOUR BABY.
YOU'RE GOING
TO CHANGE THE
OIL WHEN IT'S
TIME, CHECK THE
ENGINE, AND
GIVE IT HIGH-
OCTANE GAS. BUT
[INSTEAD] WHEN
IT COMES TO
YOUR BODY, YOU
WING IT AND END
UP PISSING IN
YOUR GAS TANK.**

A black and white mugshot of Christina Aguilera. She is looking directly at the camera with a neutral expression. Her hair is pulled up into a high bun. She is wearing large, dark, triangular earrings and a dark, high-collared top. She is holding a white rectangular sign in front of her chest with both hands. The sign has the text "CHRISTMAS ABBOTT" and "#573420063" written on it in a bold, black, sans-serif font. The background consists of horizontal wooden planks.

CHRISTMAS
ABBOTT
#573420063

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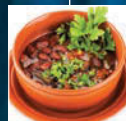
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FUEL

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58 // ROASTED CHICKEN WITH
SWEET POTATOES & APPLES



60 // MOROCCAN RED BEAN
BARLEY STEW



60 // OH MY COD!



61 // SPICY COCONUT KICKER

TRIPLE POWER PROTEIN

3 Recipes to satisfy the herbivore, omnivore and carnivore

RECIPE BY ANDREW MUTO

Protein is an integral part of building strength, muscle, recovery, and maintaining good health. While great sources are found on the plates of carnivores...there are also some great vegetarian and fish options that are packed with a protein punch. Here are 3 choices that cover the gamut for all the 'vores'!



ROAST CHICKEN WITH SWEET POTATOES AND APPLES

COMFORTING ROAST CHICKEN WITH SWEET POTATOES AND APPLES IS JUST THE ENTREE FOR FEEDING A HUNGRY CROWD. ONE LARGE 5- TO 6-POUND BIRD OR TWO SMALLER ONES WILL SATISFY YOUR GANG.

INGREDIENT LIST:

- 1 lemon
- 1/2 cup butter, softened
- 2 garlic cloves, minced
- 1 teaspoon kosher salt, divided
- 1 teaspoon pepper, divided
- 1 (5- to 6-lb.) whole chicken
- 3 fresh thyme sprigs
- 1 large sweet potato
- 2 large Granny Smith apples
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup butter, melted

SERVES

8

TOTAL
COOK TIME:
2 H. 10 M

PREPARATION INSTRUCTIONS:

PREHEAT oven to 425°. Grate 2 tsp. zest from lemon; reserve lemon. Combine zest, softened butter, garlic, and 1/2 tsp. each salt and pepper. Discard neck and giblets from chicken. Rinse chicken; pat dry. Loosen and lift skin from breast. (Do not totally detach.) Spread half of butter mixture under skin; place thyme under skin. Replace skin.

CUT reserved lemon in half; squeeze juice into cavity. Place lemon in cavity. Tie legs together with kitchen string; tuck wingtips under. Rub remaining butter mixture over chicken; sprinkle with remaining 1/2 tsp. each salt and pepper. Place, breast side up, on a greased rack in a greased roasting pan.

BAKE chicken at 425° for 30 minutes. Meanwhile, peel sweet potato and apples. Cut sweet potato into 1/4-inch-thick half moons and apples into 1/4-inch-thick wedges. Arrange half of sweet potatoes in a 9-inch gratin dish. Sprinkle with 1 Tbsp. brown sugar. Arrange apples in a single layer over sweet potatoes; sprinkle with 1 Tbsp. brown sugar. Top with remaining sweet potatoes; sprinkle with remaining 2 Tbsp. brown sugar. Drizzle with 1/4 cup melted butter. Add salt and pepper to taste. Cover with foil.

REDUCE oven temperature to 350°. Bake chicken 15 minutes. Add potato mixture to oven. Bake chicken and potato mixture at the same time 35 minutes. Uncover potato mixture, and bake chicken and potato mixture 40 minutes or until a meat thermometer inserted into chicken thigh registers 180° and potatoes and apples are tender.

TRANSFER chicken to a platter; cover with foil, and let stand 10 minutes. Serve with potato mixture.

SYMPHONY OF FLAVOUR

Moroccan Red Bean Barley Stew

BY ANDREW MUTO

FROM THE CUMIN TO THE MUSHROOMS, the beans and the barley, this simple dish is an absolute powerhouse of flavor and immune-building components. Soak the dry beans overnight in water before cooking them in the stew for 25 to 30 minutes. You can cook the barley separate and pour the stew on top or you can mix it all together. I use cumin seeds in addition to a Moroccan spice blend that I created (you can purchase it through www.createhealthyfood.com) to bring the Middle Eastern warmth to a cooling winter body.

INGREDIENTS

2 cups adzuki red beans, soaked overnight
½ onion, cubed
8 fresh plum tomatoes, cut into four
1 portobello mushroom, cubed
1 clove garlic, crushed
2 fresh bay leaves
½ tsp cumin seeds
1 cup whole barley berries
Enough hot water to cover the ingredients by 2 inches

INSTRUCTIONS

Sauté the garlic and onions until translucent. Add mushrooms and continue to cook. Then add tomatoes and continue cooking for 2 minutes. Add Beans and then the cumin and bay leaves. Let it marry and make love together. Add hot water, bring to a boil, and reduce to medium heat to simmer for 30 minutes. When the beans are soft but not soggy, take stew off the heat. Put a helping of barley on a plate and ladle some stew on top.

Bil-hanā' wa ash-shifā'
(Buon Appetito)



OH MY COD!

Roasted Cod Sao Miguel

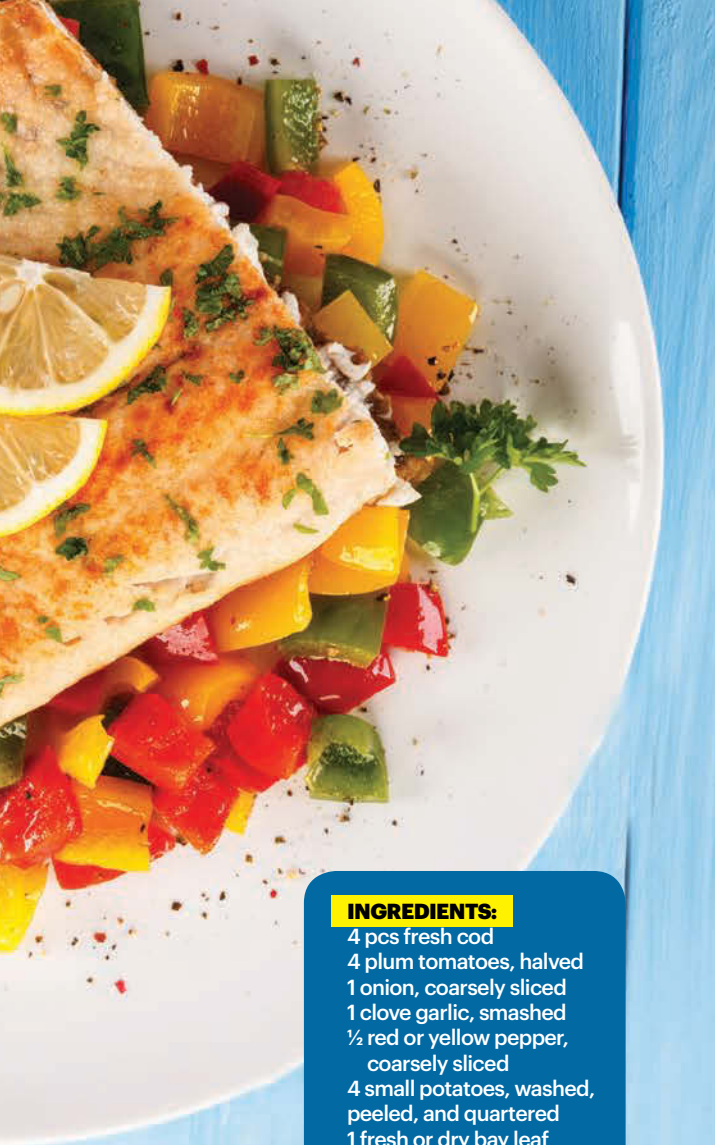
BY ANDREW MUTO

The Portuguese claim of over 1000 recipes for cooking Bacalau (Cod) is true. This is not number 1001! I received this traditional recipe for oven-roasted cod from an old Azorean woman. I christened it with the name of her native home—the island of Sao Miguel.

Cod fish is an amazing food source. According to The World's Healthiest Foods, cod is an excellent low-calorie source of protein (a 4-oz serving provides 52.1% of the daily need for protein with only 119 calories); it contains a variety of important nutrients and has been shown to be useful for several different health conditions.

That's welcoming news for the "weight-loss resolutioners" and people returning to healthy eating habits.

Don't be afraid of the potatoes in this recipe. Potatoes are a fantastic gift. If you take away the extra fat and deep frying, a baked potato is an exceptionally healthful low-calorie, high-fiber food that offers significant protection against cardiovascular and other destructive disease.



INGREDIENTS:

4 pcs fresh cod
4 plum tomatoes, halved
1 onion, coarsely sliced
1 clove garlic, smashed
½ red or yellow pepper, coarsely sliced
4 small potatoes, washed, peeled, and quartered
1 fresh or dry bay leaf
12 black Portuguese olives
12 green olives
3 tbsp olive oil
Splash of white wine

METHOD:

Heat the oven to 375 degrees. Rinse the cod under cold water and place in a baking dish. Sauté the onions in olive oil until they begin to become translucent. Add pepper and cook until golden. Then add garlic and the bay leaf. Cook for a few minutes and bring in a splash of wine; let it bubble for a few seconds. Add the tomatoes and 1/3 cup of water. Let it stew for a bit, then remove and set aside. Add a little salt. Arrange the potatoes in a baking dish with the cod and pour the stew over everything. Drizzle with some olive oil and bake covered for 20 minutes. After the set time, remove the cover and add the olives. Bake for another 20 minutes uncovered until the cod and potatoes begin to brown. Remove when done and serve with another drizzle of olive oil. Finit!

SPICY COCONUT SMOOTHIE

A Thermogenic Kick!

BY GRACE VAN BERKUM, RHN



This amazingly tasty plant-powered smoothie is the ultimate anti-inflammatory, muscle recovery smoothie because of the fresh ginger, fresh turmeric, fresh pineapple, and plant-based protein blend.

Adding in some maca gives it an extra superfood boost for optimal energy levels.

DID YOU KNOW...

The combination of fresh turmeric and black pepper together increases the bioavailability and absorption of turmeric, while adding an extra spicy thermogenic kick!

INGREDIENTS

- 1 scoop Vanilla Protein Powder
- 2 large carrots, peeled and chopped into pieces suitable for your blender
- 1/2 cup pineapple
- 1 banana
- 1 chunk of fresh turmeric (about 1–2 cm)
- 1 chunk of fresh ginger (about 1–2 cm)
- 2 cups unsweetened coconut milk
- 1 tsp raw maca powder
- 1/2 tsp black pepper
- pinch sea salt
- handful of ice



Blend till smooth and creamy. Top with fresh pineapple shreds and unsweetened shredded coconut. Your taste buds and your cells will thank you. Super creamy, super healing, super energizing!



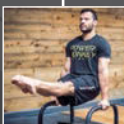
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TRAINING

Coaching tips and WOD methodology



64 // MONKEY METHOD
DAVE DURANTE ON GYMNASTICS



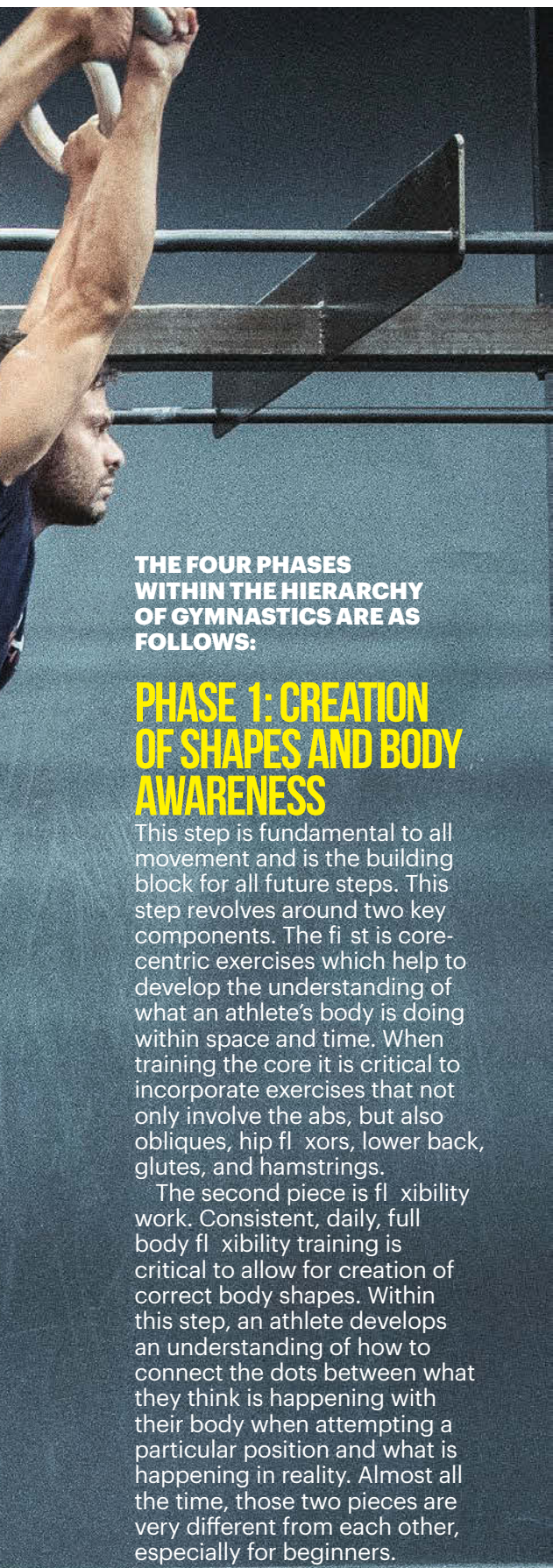
72 // LIFT STRONG, RUN FAST
SPEED AND CONDITIONING



power monkey fitness

monkey method and
the gymnastics hierarchy

BY DAVID DURANTE / PHOTOGRAPHY BY SHANE GERAGHTY



**THE FOUR PHASES
WITHIN THE HIERARCHY
OF GYMNASTICS ARE AS
FOLLOWS:**

PHASE 1: CREATION OF SHAPES AND BODY AWARENESS

This step is fundamental to all movement and is the building block for all future steps. This step revolves around two key components. The first is core-centric exercises which help to develop the understanding of what an athlete's body is doing within space and time. When training the core it is critical to incorporate exercises that not only involve the abs, but also obliques, hip flexors, lower back, glutes, and hamstrings.

The second piece is flexibility work. Consistent, daily, full body flexibility training is critical to allow for creation of correct body shapes. Within this step, an athlete develops an understanding of how to connect the dots between what they think is happening with their body when attempting a particular position and what is happening in reality. Almost all the time, those two pieces are very different from each other, especially for beginners.

The development of Monkey Method is the start of the next phase of growth for Power Monkey Fitness. Monkey Method is a block based training program designed by gymnastics Olympic team member Dave Durante and Power Monkey coach Colin Geraghty for athletes looking to gain a firmer grasp of their body weight movements.

Education is a cornerstone of Power Monkey Fitness. We have created one of the most extensive free online databases of over 300+ videos which has become a fantastic resource for aspiring gymnasts and body weight enthusiasts to understand proper technique for a variety of skills ranging from basic to advanced across a range of apparatus.

If your goal is to truly gain mastery of movement there is a hierarchy to how gymnastics movements need to be learned. Without sticking to this process, it becomes virtually impossible to understand how to control and manipulate the body within positions. What is important to note about this hierarchy is

that once an athlete graduates to the next level, it does not indicate that the previous level is never performed again. The previous levels are always worked on and improved upon. The next level becomes an added dimension to training.

Monkey Method is structured in a way to help develop each phase of the hierarchy before moving to the next. Three 5 week blocks (4 training weeks plus 1 test week) are dedicated to each phase creating a total of twelve blocks that will span a total of fifteen months of training. With our beginner, intermediate, and advanced options, the program is well suited for athletes of all skill levels.



PHASE 2: CONTROLLED ACTION AND STATIC HOLDS

Prior to appreciating movement that involves speed and/or momentum, an athlete must learn how to hold positions. This is the strength and stability building stage. By being able to control body movement through slow tempo and static holds, an athlete creates not only a higher level of understanding, but also increases activation of key muscle groups that do not always fire properly during dynamic action. Slowing down will allow any athlete to eventually speed up more efficiently.

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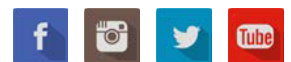
PHASE 3: DYNAMIC ACTION

This is the phase most athletes jump to right away. Swinging/kiping action can be exciting and fun, but can also lead to giving an athlete a false sense of understanding movement. Completing a specific skill one time should never be the end goal. Without phases 1 and 2, an athlete can never fully grasp the full potential of dynamic action. If phases 1 and 2 are in place, the range of skills and drills an athlete can achieve increases exponentially. The process takes a time, but anything worth achieving takes consistent training. This process is the great separator between the good athletes and the great. Take pride in the process. Appreciate the incremental gains and the skills will not only come, but they will stay for the long term. One of the most frustrating things that can happen to an athlete is to learn a movement, have it perfect one day, then forget how to do it the next. Many times the reason why this happens is that steps one and two were skipped and an athlete made a skill more out of luck rather than true understanding. The goal is to achieve a skill and to make it stick for the long term.

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GOAL

PHASE 4: CREATION OF SEQUENCES/COMPLEXES

This is the pinnacle of the gymnastics world. Combining the skills learned in phases 1, 2, and 3 and performing them with ease. For a gymnast, this essentially equates to some form of a routine (sequences, 1/2 routines, full routines) that would be performed in competition. For the fitness world, this would equate to a complex where a variety of movements are combined.

In the gymnastics world, the goal is to make the near impossible seem effortless. Gymnasts have to take aesthetics into account, but aside from making things look pretty, there is function in working to make things look effortless. It allows for an athlete to create efficiency. This efficiency can be applied to complexes in the same way they are applied to gymnastics routines, which in turn allows for conservation of energy during long intensity based workouts. As the fitness world strives toward more intricate complexes, there is greater need for appreciation and application of phases 1, 2, and 3. Skipping steps only leads to dead ends, so take the time to learn the body weight movement and gymnastics exercises in the proper order.

For more information on Monkey Method, please refer to:
www.powermonkeyfitness.com/plans/monkey-method
www.pwrmonkey.com



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lift strong run fast

SPORTS DEFINITION: SPEED IS THE ABILITY TO MOVE QUICKLY ACROSS THE GROUND OR MOVE LIMBS RAPIDLY FROM ONE POINT TO ANOTHER!



Speed is one of the main fitness components, important for success in many sports.

Speed is not just how fast someone can run (or cycle, swim etc.), but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration). Movement speed requires good strength and power, but also too much body weight and air resistance can act to slow the person down. In addition to a high proportion of fast twitch muscle fibers, it is vital to have efficient mechanisms of movement to optimize the muscle power for the most economical movement technique.

Speed Training: How to Get Faster

To improve your running speed requires a training program that focuses on leg strength and power, with appropriate technique training to best utilize your strength and power development. Here is an outline of the general and specific conditioning and technical (sprint technique) training that is required.

Conditioning

Sprint training is not all about running fast. It is important to have a good fitness base to build speed upon, and to have the capacity to train regularly. Flexibility is important so that good running form can be achieved, exercises can be performed over the full range of motion and to reduce the incidence of injury. A good level of overall strength must be developed before more advanced exercises such as Olympic lifts for power, plyometrics and resisted sprint training can be undertaken. Furthermore, data suggests that when it comes to short sprint performance, the direction in which force and power are applied (horizontal direction) is more important than the magnitude of force and power produced overall. Athletes who can “push” more in the horizontal direction are faster.



Sprint Training Sessions

Specific sprint conditioning training would include working on speed endurance (alactic / lactic), maximum speed, elastic strength / acceleration, and reactive speed. Below are some example sprint training sessions that will develop each of these areas.

Here are a few examples of sprint training sessions:

Sprinting drills — every sprint training session should begin with a series of sprint drills that will help the athlete train the firing pattern for the appropriate muscle groups, and also strengthen those muscles while performing action specific exercises.

Acceleration — sprint starts from a stationary position over short distances

Sprinting — over lower distances, concentrating on good form.

Plyometrics — bounding exercises which improves leg power, but is also important for developing good technique such as a high knee drive and efficient push off.

Resisted Training — increasing running resistance by dragging a tire or using elastic tie ropes. Running up a gradual slope also has a similar effect. The hill should not be too steep as then you will not be able to run at high enough speed.

Overspeed Training — running down a slope or using elastic ropes to pull you along at higher than your natural speed. These workouts aim to train the neuro-muscular system to work at a greater rate than is normally possible.



ATHLETES WHO CAN “PUSH” MORE IN THE HORIZONTAL DIRECTION ARE FASTER.

Here are a few exercises you can implement in your training to develop horizontal capabilities to improve short sprint speed, which is a vital performance attribute in many team and individual sports.

- **Heavy Sled Drag or Prowler Push**
- **Heavy 45-Degree Back Extension**
(specifically 45 degrees, as the angle where torque is greatest at the hips better represents the acceleration phase of sprinting than the 90-degree back extension).
- **Kettlebell Swing**
- **Glute Bridge and Hip Thrust** *(all variations)*
- **Broad Jump and Broad Jump with Handheld Loading**
- **Bounding**
- **Medicine Ball Forward Scoop Toss**

BEFORE & AFTER

Nope – not your photos – your pre-and post-workout needs

You probably have mastered the recipe for your favourite protein shake. You may even be well-schooled on how to hydrate effectively during your workout. But do you know how to maximize your performance and your recovery? Is protein all you need?

If your goals as an athlete involve increasing your intensity, elevating your endurance, or trying to achieve greater strength, workout supplements will help you accomplish your goals. We call them 'the big three.' Protein is one component, and pre-workout and post-workout supplements are its two best friends.

For your pre-sweat prep, you'll want to search for products that contain quality ingredients that will help to combat fatigue, help you stay strong through that final set of intervals, or that last mile of your run. Then, immediately following your training session, a post-workout recovery blend is one way to potentially speed muscle recovery. Branched-chain amino acids is the most common post-workout ingredient that may help prevent soreness and repair taxed muscle tissue.

TO HELP YOU SIFT THROUGH THE ABUNDANCE OF PRODUCTS, WE'VE LISTED 4 FUNDAMENTAL INGREDIENTS YOU'RE LIKELY TO FIND IN A QUALITY PRE- OR POST-WORKOUT SUPPLEMENT.

1. CARBOHYDRATES

Pre AND Post: Carbohydrates are essential to any athlete's prep routine, especially if you're exercising with a higher level of intensity or for longer periods of time. Carbs get stored as glycogen and help you to refuel your muscles. We're not talking about a big plate of Nona's pasta; more like a sports drink. Carbs are the fastest way to get energy. They are also an important part of your post-workout to increase glycogen stores that were depleted in your training. This replenishment helps to reduce the risk of injury.

2. VITAMIN C

Pre AND Post: While you may associate vitamin C with cold-prevention, this third letter of the alphabet holds its own when it comes to helping the body deal with stress—strenuous workouts included! The Big C is an antioxidant, which helps in dealing with metabolic stress.

3. VITAMIN B6 AND B12

Pre AND Post: It's possible that your B6 and B12 levels may be depleted with the stress of working out. Vitamin B helps the body form red blood cells and get or make energy from food. It can also help reduce inflammation and regulate sleep patterns, which will help you feel stronger for your next workout.

4. BCAA BLEND

Pre AND Post: Branched chain amino acid (BCAA) blends consist of a mixture of three important amino acids: leucine, isoleucine and valine. The body uses amino acids to help digest food, repair body tissue and grow. Most commonly found in sources of protein such as meat and eggs, the three amino acids that make up BCAA blend are essential for people looking to build muscle, and also repair damaged muscle tissue after intense workouts.

For more detailed information consult with a sports nutritionist to help achieve greater success with your workouts.



SHAKE IT UP!

GNC ON-THE-GO BLENDER

Now it's even easier to shake up your supplements with your favourite ingredients. The GNC on-the-go blender includes 2, 28 ounce Thermal Cups, 2 lids for the customers on-the-go, and a 300 watt motor.



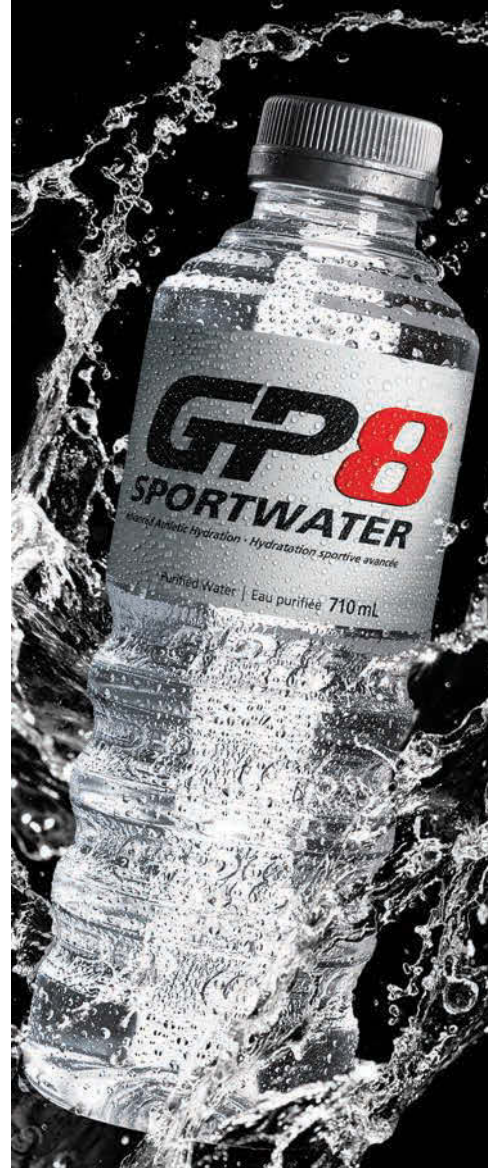
TRY THESE:



1. CROSSFUEL INTENSITY – A pre-workout energizer that promotes muscle performance. **2. CROSSFUEL AMINO REPS** – A revolutionary BCAA and hydration drink. **3. GNC RE-LOADED** – an advanced workout-enhancing system loaded with a multivitamin blend. **4. PROGENEX MORE MUSCLE** – A post-workout recovery formula. **5. CROSSFUEL RAPID RECOVERY** – A post-workout regenerator. **6. GNC WHEY ISO BURST** – made from high quality whey isolate protein.

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2015 REEBOK CROSSFIT INVITATIONAL

Be More Human

BY JAMIE SHANE | PHOTOGRAPHY BY SHOOTING MONSTERS

“When we test our physical limitations, we transform our entire lives.” This sentiment is behind the Be More Human Reebok Campaign and was definitely evident and well-represented at the recent 2015 Reebok CrossFit Invitational. With a focus on the physical fitness, mental wellbeing and the social aspect of training, all ground was covered in Madrid. The excitement for CrossFit was electric as the competitors and spectators alike shared in the passion for the sport of fitness.

The 2015 Reebok CrossFit Invitational returned to Caja Mágica in Madrid, on the clay tennis courts of the Madrid Open. SWEAT RX was privileged to attend and capture the magic.

After two years of sold out crowds, this elite event once again featured some of the sport's most notable athletes from around the world. Teams from the United States, Europe, Canada and the Pacific gathered on December 6th in front of cheering crowds to power through a grueling two-hour competition.

The US Team, consisting of well-known competitors Rich Froning, Dan Bailey, Chyna Cho and Margaux Alvarez, were awarded the championship, but, in true CrossFit style, it wasn't easy. This year's Invitational proved to be a very close competition, with the US team eeking out a hard-earned victory by only a few points.

Let's take a look at how it went down.

Competitors were faced with a Fran-like WOD to open the event. This ladder of Thrusters and rope climbs asked teams to set one another up for victory. First, one female team member must execute 21-15-9 thrusters (95 / 65 lb.) and 4-3-2 rope climbs. Then a male team member must do the same. Following that, the second female team member performed 21-15-9 thrusters (95 / 65 lb.) and 3-2-1 legless rope climbs. The second male team member did the same.

Tia-Clair Toomey of the Pacific Team led the first group of women. Her quick work of the ladder gave teammate Kevin Manuel a lead, which he maintained. However, once the second group of women hit the floor, USA's Chyna Cho was able to move the USA from fourth to first due to her quick legless rope climbs. At 9:45 she tagged Froning, and he was able to finish the event in less than three minutes, sealing the win.



PHOTO: COURTESY OF FREEBOX AND CROSSFIT INC.



EVENT 1 RESULTS

1. USA - 12:25 (6 points)
2. Canada - 12:30 (4 points)
3. Europe - 12:47 (2 points)
4. Pacific - 13: 9 (0 points)

Event number two featured a special challenge: the Atlas stone. The women's teams would be asked to hoist the stone to the shoulder and complete 5 reps at the 130-lb. stone, then advance to do 3 reps at the 145-lb. stone before finishing with 1 rep each at the 160-lb. stone. In classic CrossFit fashion, the teams who finished last in the first event, had to perform first in the second event.

This left Sara Sigmundsdottir and Katrin Davidsdottir of Europe to face Kara Webb and Toomey of the Pacific in Heat 1. The European team took an early lead, appearing to have little trouble with the stone. Toomey of the Pacific team struggled, setting them behind. However, on the final stone, a shocking drop by Sigmundsdottir and an inability to recover gave the Pacific team all the time they needed to recover from their earlier falter and win the first heat.

In Heat 2, Cho and Alvarez of the United States competed with Camille Leblanc-Bazinet and Emily Abbott of Canada. They seemed very relaxed and comfortable with the task, lifting the stones without any of the challenges of the previous teams. Leblanc-

Bazinet finished first, and ran with Abbott to the finish line in 3:06 for the win. The US team finished a mere 3 seconds later.

EVENT 2 RESULTS

- Canada - 3:06 - 3 points
 USA - 3:09 - 2 points
 Pacific - 4:13 - 1 point
 Europe - 4:21 - 0 points

Next, the men were up with the same challenge. They faced 5 stone-to-shoulders at 175 lb., 3 stone-to-shoulders at 215 lb, and 1 stone-to-shoulder at 250 lb. Once again, Europe and Australia were up first. And, once again, the Europeans came out strong. The 175-lb. and 215-lb. weights went up without many no reps, and Guomundsson got the final stone on his first attempt. Koski got it immediately after. The Europeans stopped the clock at 3:42, while both Garard and Manuel would reach the 5-minute time cap without shouldering the final stone.

The United States and Canada stepped up for Heat 2. Again, the 175-lb and 215-lb stones went up with little ado, and both teams working close on time. At the 250-lb stone, Froning got it up without any problem. Bailey, however, could not get it to his shoulder and eventually hit the time cap without succeeding. Vigneault struggled right alongside him, but did manage to make the lift with only seconds to spare.

“

IT'S ALL
 ABOUT THE
 CROSSFIT
 COMMUNITY
 AND THE
 PASSIONATE
 SUPPORTERS
 OF CROSSFIT
 AROUND THE
 WORLD...



EVENT 3 RESULTS

1. Europe - 3:42 (3 points)
2. Canada - 4:58 (2 points)
3. USA - CAP+1 (1 point)
4. Pacific - ap+2 (0 points)

Straight off the stones, the teams moved on to the fourth of five events. Working together, athletes pursued a grueling round robin WOD which asked each teammate complete 25 handstand push-ups while the others either held a handstand or hung from the bar. After each team mate had rotated through the pushups, they would move to a 2-rep Snatch ladder (Men: 185/195/205/215/225 lb.; Women: 120/125/130/135/140 lb.). Then on to a 2-rep Clean ladder (Men: 245/255/265/275/285 lb.; Women: 145/155/165/175/185 lb.). Finally they faced a 50 foot co-ed tire flip.

Europe was the first through the handstand push-ups and on to the snatches, with the USA and Canada close behind. The Pacific team made up time at the barbells, which led them to the lead--and the win--in the tire flip. The US team followed shortly behind and Europe brought up the rear.

EVENT 4

1. Pacific - :31 (6 points)
2. USA - 7:56 (4 points)
3. Canada - 8:13 (2 points)
4. Europe - 9:51 (0 points)

The final event of the day asked athletes to synchronize their teams and truly work together. At this point, only three teams were truly in the running with the United States, Canada and the Pacific working to win. They faced the final ask of synchronized muscle-ups, rowing with deadlift holds, biking with front-rack holds and the Worm.

Teams had to make their way, calling to one another through 4, 5, 6, and 7 synchronized muscle-ups. The Pacific team was the first

to the rowers. As the men worked on the 500-meter row, their female partners held the 225-lb. barbell at their waists. The strain quickly became obvious, and eventually every athlete dropped the bar, which paused their teammate on the rower. Then the women switched with the men, who held 315 lbs.

The United States was the first to complete the challenge, heading quickly over to the Assault bikes while the women held 135 lbs in front rack position. Once complete, the men and women switched, with men asked to front rack suspend 185 lbs. Again, the US was the first team to finish, moving quickly to 20 Worm thrusters and 10 Worm ground-to-shoulders. Canada followed closely behind, Pacific in third and Europe in fourth.

The US team struggled with the Worm, but not enough to give Canada the chance it needed to close the point gap. At 13:52, the United States reached the finish and earned themselves the win.

EVENT 5 RESULTS

1. USA - 13:52 - 7 points
2. Pacific - 4:46 - 5 points
3. Canada - 14:53 - 3 points
4. Europe - 15:48 - 1 point

FINAL STANDINGS

1. USA - 20 points
2. Canada - 14 points
3. Pacific - 12 point
4. Europe - 6 points

"The 2015 Reebok CrossFit Invitational is all about the CrossFit community and the passionate supporters of CrossFit around the world, so this victory means a lot to those we represent as well as ourselves. It was an extremely tough but fun day of competition that caps off an exciting year for this sport," said Rich Froning, Jr.

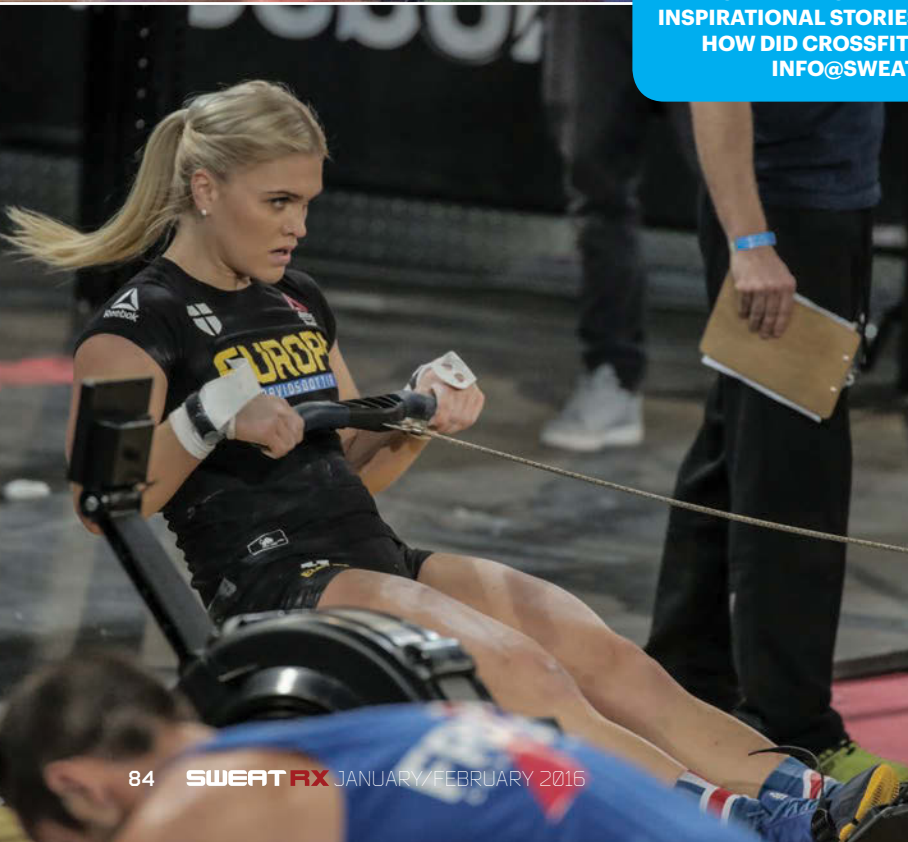




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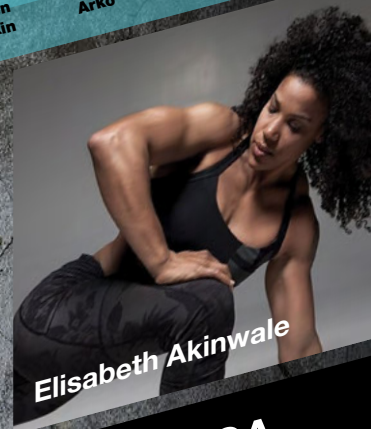
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A full-body photograph of a woman with dark hair in a ponytail, wearing a blue tank top with a large white spiral logo. She is holding a black kettlebell with both hands above her head, arms fully extended. The background is dark and out of focus. The website address www.sweatrxmag.com is visible in the bottom right corner.

HERE ARE 5 STRATEGIES TO ENSURE SUCCESS EARLY IN THE NEW YEAR:

- 1. Renew your enthusiasm. Remind yourself of your goals and go after them with vigor!**
- 2. Re-engage with your support system. You may need help so stay connected to those that share your vision.**
- 3. Ask questions. Whether you ask a mentor, a trainer, a life coach, it doesn't matter but ask and ye shall receive!**
- 4. Orchestrate a quick win. Make a short-term goal that you can accomplish to build confidence .**
- 5. Celebrate success!**



*"Weightlifting is an incredible sport
and I hope more people get into it
because of what I am accomplishing."*

Mattie Rogers,
US National Champion
Olympic Weightlifting



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